

~ Study Materials ~



**THE WAY OF HARMONY**

Master Huang's teaching is designed to refresh and review previous curricula, while delving more deeply into the ongoing exploration of the Living Tao forms, metaphors, and philosophy.

Over the course of the Series, Master Huang will introduce new material, including:

- ~ Full Moon Nature Bathing Meditation;
- ~ Poetry of Li Bai & Su Dong Po;
- ~ Calligraphy & Metaphors for Peace; and
- ~ 1<sup>st</sup> Circle & Wu Xing 五行 Five Moving Forces Development



**Thoughts in the Silent Night**

Li Bai (701-762)

Beside my bed a pool of light —  
Is it hoarfrost on the ground?  
I lift my eyes and see the moon,  
I bend my head and think of home.

**静夜思**

唐·李白

床前明月光，  
疑是地上霜。  
举头望明月，  
低头思故乡。

诗意：床前明亮的月光，好象在地上铺了一层白霜。抬头看着明亮的月亮，低头想念自己的故乡。

福州画院

靜夜思 Jìng Yè Sī [quiet] [night] [think]

### Quiet Night Thoughts

床前明月光 Chuáng qián míng yuè guāng [bed] [front] [bright] [moon] [light]

Bright moonlight before my bed;

疑是地上霜 Yí shì dìshàng shuāng [suspect] [is] [ground] [on] [frost]

I suppose it is frost on the ground.

舉頭望明月 Jǔ tóu wàng míng yuè [raise] [head] [look] [bright] [moon]

I raise my head to view the bright moon,

低頭思故鄉 Dī tóu sī gùxiāng [lower] [head] [think of] [old] [home village]

then lower it, thinking of my home village.

### FULL MOON MEDITATION

蘇軾 水調歌頭 Water Song\*, by Su Shi (明月幾時有), aka Su Dong Po (東坡)

明月幾時有, Míng yuè jǐshí yǒu, [bright] [moon] [how much]

[time] [have] When did the bright moon first appear?

把酒問青天。Bǎjiǔ wèn qīngtiān. [hold] [wine] [ask] [blue]

[sky] One raises a cup and asks the blue sky.

不知天上宮闕, Bù zhī tiān shàng gōngquē, [not] [know] [Heavens]

[on] [palace] One does not know, in the celestial palaces,

今夕是何年。Jīn xī shì hé nián. [today] [evening] [is] [what]

[year] what year it is this evening.

我欲乘風歸去, Wǒ yù chéng fēng guī qù, [I] [want] [ride] [wind]

[return] [go] I wish to ride the wind and return there,

又恐瓊樓玉宇, Yòu kǒng qióng lóu yù yǔ, [again] [fear] [jade]

[building] [jade] [room] yet fear the jade towers;

高處不勝寒。Gāo chù bù shèng hán. [high] [dwell] [not bear]

[cold] in a high dwelling one cannot bear the cold.

起舞弄清影, Qǐ wǔ nòng qīng yǐng, [start] [dance] [play with]

[clear] [shadow] Starting to dance with one's clear shadow –

何似在人間。Hé sì zài rén jiān. [what] [resemble] [in] [human

world] what else resembles the mortal world?

轉朱閣, Zhuǎn zhū gé, [revolve] [red] [pavilion] Revolving around the red pavilion,

低綺戶, Dī qǐ hù, [low] [silk-work] [door] lowering to a silk-work door,

照無眠。Zhào wú mián. [shine] [not have] [sleep] it shines upon the sleepless.

不應有恨, Bù yīng yǒu hèn, [not] [should] [have] [hate] It should not have resentment;

何事長向別時圓? Hé shì cháng xiàng bié shí yuán? [why] [thing] [always] [before] [separate] [time] [full] why is it always full at times of separation?

人有悲歡離合, Rén yǒu bēi huān lí hé, [people] [have] [sorrow] [joy] [parting] [reunion] People have sorrows, joys, parting and reunions,



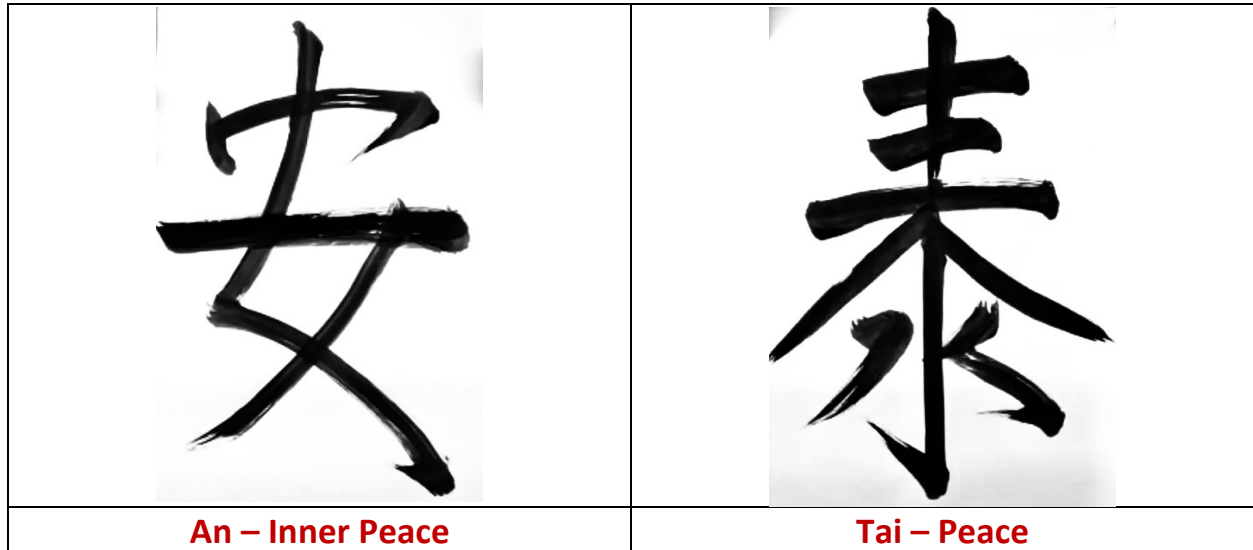
月有陰晴圓缺，Yuè yǒu yīn qíng yuán quē,[moon] [has] [dark] [clear] [round] [scarce]the moon is dark, bright, waxes or wanes;

此事古難全。Cǐ shì gǔ nán quán.[this] [issue] [ancient] [difficult] [entire]these problems have been this way since ancient times.

但願人長久，Dàn yuàn rén chángjiǔ,[yet] [hope] [person] [long] [long time]Yet one hopes for longevity;

千里共嬋娟。Qiān lǐ gòng chánjuān.[thousand] [miles] [together] [moon] [beauty]a thousand miles apart, together [seeing] the moon's beauty.

### **SYMBOLS & METAPHORS For PEACE**



**Ping – Balance**

## 1<sup>st</sup> CIRCLE PRACTICE & METAPHORS



### The beginning of each Living Tao circle form:

Infinity/Mobius strip action based on the traditional  
Lan Que Wei 攬雀尾 Grasping Swallows Tail

### These next movement sequences follow:

Peng Lu Ji An 棚捋擠按

Dan Bian 單鞭 Single Whip

Bai He Liang Chi 白鶴亮翅 White Crane Spreads (flashes) it

Wings Shou Hui Pi Pa 手揮琵琶 Hand Strumming or Plucking Pi Pa

### Each of the circles end with:

Bao Hu Gui Shan 抱虎歸山 Embrace Tiger Return Mountain

## FIVE MOVING FORCES WU XING 五行 PRACTICE

### Symbols, Metaphors & Philosophy

火 FIRE – HUO



木 WOOD – MU

金 GOLD/Metal – JIN

土 EARTH – TU  
(in center)

水 WATER – SHUI

## SUPPLEMENTAL REFERENCES

\*1. This poem is a 詞 poem, intended to be sung to the melody 水調歌頭 (Shuǐ Diào Gē Tóu). The poem is often known by “蘇軾 水調歌頭” (Su Shi - Water Melody).

2. *With Kindness* (Official Music Video) – David Darling

<https://www.youtube.com/watch?v=JtwfhamXrVA&t=5s>

